

A THOUSAND  
AND  
**ONE RECEIPTS**

USEFUL TO FAMILIES

**FIRST BOOK**

A series of small pamphlets, containing an infinite number of receipts, statistics, &c., useful to families, to whom it is offered gratis.

The complete collection of these pamphlets will be very valuable, and it is hoped that all who receive them will keep them in a safe place.

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# A THOUSAND AND ONE RECEIPTS

USEFUL TO FAMILIES

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## FIRST BOOK

This little work respectfully offered to such families as will deign to accept the same, is but the first of a series which the compiler proposes to publish. Each one of these small pamphlets will contain a large number of receipts and statistics, chosen from among such as would be likely to be of most service. By carefully preserving them all you will have a very useful and interesting collection.

The receipts contained in this collection are varied and will meet all the wants of the household. Such a collection has been long wanted, and the compiler in presenting the same indulges in the hope of filling the gap, and of rendering a service to the public. Let one and all profit thereby, which is easily done as the book is given away gratis.

Each pamphlet will contain something new.

## ECONOMIC RECEIPTS.

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*Explanatory note concerning certain terms used in the following recipes.*

To LARD, is to surround an article with slices of pork-fat cut thin.

To BLEACH, means to steep vegetables or meat, for a few minutes in boiling water.

To SCOUR, is to place meats in cold water when it is desired to whiten them, and deprive them of their blood.

To TRIM a piece of meat means to cut off the fat and the skin which would destroy the effect.

To RENEW is to dip the piece of meat or chicken in melted butter which is afterwards seasoned.

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*To render any texture waterproof.*—Dissolve one ounce of pure rubber in one pound of bisulphide of carbon, and paint the texture on the wrong side with the solution by means of a brush.

*To remove spots from linen.*—It is generally supposed that a preparation for removing stains is good for all stains. This is a mistake, every kind of stain requires a different process, as every disease has its own remedy. We think it will be very useful to the reader to give below the manner of removing such stains as are most commonly met with.

For oil or butter stains take alcohol (36 or 38 per cent) saturated with camphor.

Wax stains, concentrated alcohol, or ether.

For stains of pitch, rosin or turpentine, use alcohol, genuine Eau de Cologne, or ether.

For paint or varnish stains use benzine.

For tar stains smear the stain in the first place with fresh melted butter, then remove the butter by means of alcohol saturated with camphor.

For soot, grease with beef marrow, then use salts of sorrel to remove the stains.

For coffee stains first wash, then expose the spot to sulphur vapors, which may be produced by burning sulphur under a metallic or paper cone.

*To renew black clothing.*—After removing all grease and drying use the following mixture:

Logwood 4oz., gum arabic 2 oz , sulphate of iron 2 oz. Boil the first two articles together in seven gallons of water for half an hour, strain and allow it to cool before adding the sulphate of iron. After twenty-four hours apply the mixture to the material with a brush always brushing in the direction of the nap. Then iron the cloth taking care to place a piece of thin dry cotton at first over the material, then replacing the dry cloth by a wet one and repeating the ironing process.

## DR. SEY'S REMEDY.

*The great French Remedy for dyspepsia, Biliary affections, constipation and all diseases of the stomach, liver and bowels.*

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Almost all diseases arise from disorders of the digestive organs, those enjoying perfect digestion are never sick. This can be easily understood by considering the role of digestion in the human economy. It is through digestion that alimentary substances are converted into blood, flesh, muscles, nerves and bones; and it is by means of digestion that the human system is nourished.

If the bowels, stomach or liver, which are the principal organs of digestion, are out of order, lack of nutrition necessarily follows; and this defective nutrition is the cause of a host of diseases which often spring up in organs far removed, such as the brain, kidneys, &c. This explains why dyspeptics are subject to sick-headache, neuralgia, constipation, and troubles of the urinary organs. At present it is admitted by Physicians, that diabetes and Bright's disease generally arise from a derangement of the liver. It is then of the greatest importance to keep these digestive organs all in good order and to promptly remedy any disorders which may

arise. Dr. Sey's Remedy, (of Paris) is undoubtedly the best known remedy for the prevention of any derangements of the digestive organs and the curing of any affections to which they may be subject. It is a remedy composed of the purest aromatics which stimulate the digestive organs, and which, far from weakening like most medicines, impart tone to, and strengthen the system.

Further it contains a substance which acts directly on the bowels, so that in small doses, it prevents and cures constipation ; and in larger doses it acts as one of the best purgatives.

It is important to note that *Dr. Sey's Remedy* can be taken in any dose without disturbing the habits or regime of those who take it.

### DR. SEY'S REMEDY.

#### *Opinions of the French Press*

...Experience has shewn that *Dr. Sey's Remedy* cures all diseases of the stomach, liver and bowels which are not due to organic affection.—*L'Univers*.

...Those who are still dyspeptic, are so because they wish it as *Dr. Sey's Remedy* disperses all digestive troubles.—*La République Française*.

...The best remedy for indigestion, and diseases of the liver and stomach, is without doubt, *Dr. Sey's Remedy*; it should be found in every household.—*Journal des Débats.*

*Opinions of the Canadian Press.*

...Those who suffer from dyspepsia disorders of the stomach or liver, constipation bile or wind on the stomach, are strongly recommended to make use of *Dr. Sey's Remedy*. A few doses of this celebrated medicine cannot fail to afford relief and a speedy cure.—*Le Monde.*

...We defy any one to find a single individual suffering from dyspepsia, flatulency, constipation, or biliousness, who has tried a few bottles of *Dr. Sey's Remedy*, without being cured or, at least considerably relieved. It is the remedy of the day, try it.—*La Minerve.*

...Those who suffer from dyspepsia, flatulency, bile, constipation, or sick headache, may easily be cured by using *Dr. Sey's Remedy*. Thousands of persons daily proclaim the efficacy of this excellent remedy.—*La Patrie.*

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CERTIFICATES.

Marieville, Sept. 12, 1882.

S. Lachance, Esq.—Sir, my dyspeptic condition is natural and hereditary; although

it does not cause me much suffering, I require from time to time some remedy to aid digestion. To do justice to *Dr. Sey's Remedy*, I should say that of all the medicines which I have used, none have given me so much satisfaction as his preparation.

Believe me your very devoted servant.  
Léon Ste. Marie.

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Mr. S. Lachance.—Sir, for several years I have suffered from violent attacks of headache arising from imperfect digestion. To day, after having used several bottles of *Dr. Sey's Remedy*, I am entirely cured of these attacks and my stomach digests well. I have also used the same remedy in my family, for indigestion, colics and flatulency; and that always with success. *Dr. Sey's Remedy* is also an excellent purgative which acts without causing pain, and which does not prevent one from going about their ordinary occupations.

D. C. Brosseau,  
42, Notre Dame Street,  
Montreal.

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St. Benoit, County of Two Mountains,  
Feb. 1st. 1882.

Mr. S. Lachance.—Sir, a thousand thanks for *Dr. Sey's Remedy*, which I bought at your

Drug Store, it is a medicine which is worth ten times the prize you sell it for. With a single bottle, I cured myself of an affection of the stomach which prevented me from working; I have in addition cured three of my children who suffered from bile and indigestion. It is the best purgative I have ever seen.

Widow Joseph Leduc.

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M. LACHANCE.—Sir, it is with pleasure that I certify that *Dr. Sey's Remedy* which you sold me, has cured me of chronic constipation which had caused me much suffering. In addition, I have for some time suffered from heaviness of the head, &c., due to my age; these symptoms have disappeared after a few doses of the remedy. For ladies at the turn of life, there certainly is not a better medicine.

MRS. GRATTON,

No. 5 St. Thérèse St.

To these certificates others might be added, but as space will not permit, we think the above sufficient to prove the efficacy of *Dr. Sey's Remedy*, in all diseases of the digestive organs.

To prepare at a small cost a good TONIC WINE, for improving the appetite, aiding digestion and strengthening the system. — Families the members of which can glory in health so perfect as to obviate the necessity of using from time to time a stomachic or tonic preparation calculated to restore the energy lost by labour are rare ; but rarer still is it to find families who can spend several dollars for medicines all ready prepared. We hope the reader will acknowledge our readiness to furnish him with the means of making a superior tonic wine for the small sum of thirty cents for a pint and a half bottle containing 48 doses.

Take a 25cts packet of Indigenous Bitters which can be had of all Druggists in the Dominion, infuse it in three half pints of boiling water : when cool strain and pass through the marc which remains in the strainer three bottles of sherry wine at from \$1.75 to \$2.00 per gallon.

This wine is very valuable on account of its medicinal properties. It strengthens the stomach, increases the appetite, prevents or arrests nausea, regulates the bowels and invigorates the whole system. If care be had to take it regularly in doses of at least one table spoonful before or after meals it will prove of wonderful service to all whose sto-

machs do not perform their proper functions and every one knows the importance of the stomach in the human organism. As the Indigenous Bitters are only composed of plants, roots and barks, and contain no mineral drug nor any dangerous medicine whatsoever this tonic wine may be administered without the slightest inconvenience alike to the weak and the strong.

*Important notice.*—Do not take any thing in place of the *Indigenous Bitters*. If your Druggist has none ask him to get them for you. Without the true “*Indigenous Bitters*,” this receipt is worthless. And they are not sold by weight but only in 25 cts. packets.

*To make a cheap GLUE or cement of superior quality, which will remain perfectly liquid when cold and always ready for use.*—Dissolve by the aid of a water bath (a vessel immersed in boiling water, but not directly over the fire) one pound of gelatine in a pint of water taking care to replace the water, lost by evaporation, by a little hot water. When dissolved add little by little 3 ounces (by weight) of nitric acid, 36°. Before withdrawing from the fire allow all the reddish vapour to escape. Then bottle it.

A very fine white glue may thus be made by using superior gelatine, and a commoner quality for large articles may be made by using inferior gelatine or common glue.

*To render leather impervious to snow or water.*—Dissolve together over a slow fire in an earthen pot, one ounce of yellow wax and half an ounce of nice mutton suet. When well mixed remove from the fire and while still hot, (but not boiling) spread it with a sponge, or a soft brush on your boots, which should be left over night exposed to a gentle heat in order that the mixture may penetrate the leather. The next morning remove with a piece of flannel whatever has not been absorbed by the leather after which you can blacken your boots; after several days the leather will become as bright as it was before using this preparation.

*A new domestic beverage which is becoming daily more and more popular.*—Water as often met with is very unhealthy. But even when good, too much should not be taken, as there is danger of colic, which makes one regret not having been more abstemious. However it is necessary to drink at times, and when the weather is very warm, the more one drinks the more one wants to drink, without being able to quench thirst. We give here a beverage easily made, and which costs next to nothing, one which quenches the thirst without producing any unpleasant results; on the contrary it makes a very healthy drink, and one which will save you much in the way of doctor's bills.

To every 3 or 4 pints of cold water, steep for a short while before drinking, a teaspoonful of the Indigenous Bitters. These Bitters (if the Genuine, and not an imitation) contain roots of a warming nature, which render the water harmless.

A 25 cts. packet of the Indigenous Bitters will thus give you several hundred drinks, agreeable to the taste, and much more healthful than pure water as instead of injuring, they stimulate the appetite, regulate the bowels, and strengthen the stomach, especially when used regularly.

*To cool Water, and even freeze it in Summer.*—Wrap wet linen clothes around your water pitcher or caraffe, place it in a dish filled with water, so that the linen clothes will come into contact with the water: the evaporation of the liquid, even in the sun, will produce a continuous cooling of the water in the pitcher or caraffe. The water in the dish must be renewed from time to time.

If an intense degree of cold is required in summer, the following refrigerant mixtures will readily produce the same:

8 parts of sulphate of soda, in 5 parts of muriatic acid produce a temperature of 17° below zero. 2 parts of chopped ice (or snow), with one of ordinary salt give a temperature of 18° below zero.

6 of sulphate of soda, 7 of nitrate of am-

monium and 4 of nitric acid, give a temperature of 26° below zero.

9 of phosphate of soda, and 4 of nitric acid, diluted with water, give a temperature of 29° below zero.

On plunging a metallic vessel containing water into these mixtures, the water becomes congealed, and ice is formed.

A NEW METHOD OF SAVING :—After reading so much matter of a serious nature since we commenced this book, we think a little amusement would not be amiss. Apropos of this I would like to make you acquainted with a very original method of saving which I saw published lately in a paper.

"There are two ways of saving, it is said, either by amassing the surplus, or by avoiding losses. Nothing could prevent you from applying this principle to diet, if you are the father of a family or keep a boarding house. As far as the first method goes it is too well known to need mention here. As for the second which consists in the avoidance of losses, I wish to give you such advice as in the experience of many has been of great service. Be careful, in the presence of your boarders, never to breathe a word, even a single word about "Indigenous Bitters," because if they find out that there are any in your vicinity, they would be desirous of trying them and if, unfortunately for you, they should happen to take them, you would behold your provisions melting away. That is a loss which you should avoid."

I, like yourself perhaps, followed this passage quite seriously up to the fatal words "Indigenous Bitters." Arriving at this I

grasped the idea. Is not this an original method of making known the marvellous properties of some preparation ? Whether or no, the axiom is very true, unfortunately for those boarding house keepers who allow the famous " Indigenous Bitters," which are met with every where, to come under their roof. Were it an attempt to speak in favour of an article but little known, it might be allowable to play such a joke on the public ; but when it refers to a preparation so universally known as the " Indigenous Bitters," it is a clear case of malice. And shall we say that newspaper editors tolerate the like ?

**An easy method of combining the useful and agreeable.**—I clip again from the columns of a newspaper, another receipt which bears a certain analogy to the preceding one ; this one however contains no malice but is on the contrary, one from which some good may be drawn. I reproduce it :

" How often, dear reader, have you been warned not to take certain liquors for the sake of drinking and without any benefit to yourself ? Well there is a very easy method of rendering your beverage both useful and agreeable whether it be a syrup or any other liquor. The secret is this :—Put, (or cause to be put) into each glass a teaspoonful or more of an infusion of " Indigenous Bitters " These Bitters which are only composed of roots and indigenous plants have the inestimable property of developing the appetite, facilitating the digestion and imparting strength to the stomach. They give a flavour to liquors at first peculiar, but one which becomes most

agreeable, as one becomes accustomed to it. This is then a good method of combining the useful with the agreeable."

"That which makes this receipt even more valuable, is that the process required is the most economic possible, as you may see:

The infusion of Indigenous Bitters is prepared as follows: Buy at your Druggists, for 25 cts. a packet of "Indigenous Bitters" (*the Genuine*) with which by heating like tea you can make three or four large bottles of Bitters similar to those which sell for a dollar at the Drug Stores, so that each bottle containing three half pints, will only cost you six or eight cents and with the money that you would pay for one bottle ready prepared you can yourself prepare twelve or fifteen.

If you wish to try this receipt, insist upon having the genuine "Indigenous Bitters," which are sold all over the Dominion. Try them and you will be satisfied."

In fact why should we not try them? It will not cost us much and besides we have the benefit of the suggestion from a medical point of view, which cannot be denied.

TO REMOVE SPOTS FROM THE SKIN.—To remove the mask, freckles and other marks on the skin, nothing has yet come up to the "Persian Lotion" which is sold in every Drug store in the Dominion.

"The *Persian Lotion*" is also the best preparation known for removing pimples and other eruptions of the skin. It is the true skin specific, this *Persian Lotion*. The enormous consumption of it is enough to prove its efficacy. It acts by destroying bad flesh and clearing the pores of the skin, of all foreign

bodies which it may contain. Its action is sure and harmless, as it is not a white powder suspended in water, which latter only serves to hide the spots, and to close more effectually the pores of the skin, instead of cleaning the same; but it is a clear and limpid liquid and a real cure. This preparation only sells in fifty cents bottles. All others are counterfeits.

**ROOT BEER.**—Take five pints of bran,  $2\frac{1}{2}$  oz hops, a few twigs of spruce, and four ounces of "Indigenous Bitters," (a 25cts packet), boil the whole for a quarter of an hour, in a little water, and strain. Add next a teaspoonful of ginger, and molasses to sweeten to taste, also a quart of good yeast. Finally, add enough water to make 5 gallons.

If you wish to use it at once, you can put one bottle in a warm place; and the rest may be left to ferment at an ordinary temperature. This beer is both pleasant to the taste and good for the health on account of the medicinal properties of the roots which the "Indigenous Bitters" contain.

*The best Cement for Leather and Cloth.*—Dissolve 2 oz gutta percha which you can buy at your Druggist for 20 cents an ounce, in a pound of bisulphide of carbon for which you will pay 40 or 50 cents.

An article stuck with this cement, which has the advantage of being elastic, holds together as well as if sewn,

## " PERSIAN LOTION "

*For whitening the complexion, imparting or preserving its rosey hue, or removing freckles, the mask and other spots on the skin and for removing pimples and all other eruptions.*

"The Persian Lotion" is a *bona fide* preparation, unique of its kind. It is a true specific for the skin. Is not a white powder suspended in water, or perfume. Such kinds of toilet preparations only serve to temporarily hide defects of the skin, by covering the latter with a sort of white veil which the first moisture of the skin will remove and which in addition never escapes the close observer. "The Persian Lotion," on the contrary is a medicinal preparation, transparent and limpid like water. It radically removes

### Pimples and other Eruptions,

either by destroying the unhealthy skin, and the parasitic germs which produce the same or inclosing the pores of the skin, so as to prevent the minute particles of blood or purulent matter from exuding. It disperses freckles and the masque by dissolving and removing the particles of foreign matter which

when introduced into the pores of the skin produce these blemishes. It is not the skin which undergoes a change of colour but the pores which become filled with the foreign matter, which water will not dissolve, but which is removed more or less easily by the "Persian Lotion" in proportion to the age of such spots. "The Persian Lotion,,

### Whitens the complexion

gradually, after a persevering application by cleaning more and more thoroughly the pores of the skin and imparts to the skin that charming rosey colour by causing the blood that courses through the thousands of minute vessels, which traverse the human face to be perceived more freely through the pores of the skin owing to their being perfectly clean and free from foreign matter.

When the skin is

#### BURNT BY THE SUN,

the *Persian Lotion* promptly restores its freshness, and rosey hue, by adding a tea-spoonful every morning to the water used for the toilet.

The "Persian Lotion" is sold in all respectable Drug stores in the Dominion, at 50 cents per bottle.

 Beware of Imitations. 

If you want a good purgative and you have no time to loose, take at night on going to bed a wine glass full of *Dr. Sey's Remedy*, continuing the same for several days if necessary.

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If you wish to restore to your cheeks that charming rose tint which they have lost, add every morning to the water used for washing, a teaspoonful of Persian Lotion. The effect is marvellous.

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One of the best remedies known for habitual constipation, is *Dr. Sey's Remedy*, taken in the dose of a tablespoonful three times a day.

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For giving an appetite nothing can equal the "*Indigenous Bitters*," when taken regularly.

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*Dr. Sey's Remedy*, of Paris, cures dyspepsia, bilious affections, constipation, and all diseases of the stomach, liver and bowels.

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*Dr. Sey's Remedy*, of Paris, is the most effectual purifier of the blood, if taken for some time, in doses of one dessertspoonful.

The most obstinate case of dyspepsia cannot withstand the simultaneous action of *Dr. Sey's Remedy* and the *Indigenous Bitters*. Each of these two preparations is of itself a stomach tonic, which effect their objects by different methods, which fact has caused many physicians to prescribe the two simultaneously and with great success.

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For dyspepsia the celebrated *Remedy of Dr. Sey*, of Paris, should be taken in doses of a dessertspoonful after each meal.

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The only preparation which can prove effectual for removing pimples, and other skin eruptions is the "Persian Lotion."

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*Soupe à la julienne*.—Take equal quantities of any sort of root such as carrots, &c., of sorrel, and of lettuce; cut them into strips about half a line thick, except onions which should be sliced. Dip the roots in butter, then add the lettuce, herbs, and some chervil, which you will treat in the same manner as the roots; wet them with broth; boil them over a slow fire, until all is well cooked; then pour your *julienne* over thin slices of bread.

*Spring soup*.—Is prepared like the above, with the addition of peas, asparagus buds, small white onions, and even a few turnip

radishes. It is customary to remove the acridity of these vegetables, by adding a little sugar to the soup. The vegetables serve to set off the soup when dished.

*Soupe à la Condé, with, or without meat.*—Cook some red beans in water or better still in broth, with root vegetable, cloves, a small piece of pork, if with meat, if without, a small piece of butter ; strain them and season with pepper and stew them in their broth ; reboil the broth as you would pea soup and serve with crusts of bread fried with butter.

*Tortoise soup.*—Take a calf's head cut in two ; remove the eyes and the brain ; boil the head with the feet in three gallons of water ; when they are almost cooked, chop the meat into small pieces ; empty the brain into the juice coming from the head and feet, which will thicken the latter, add onions fried in lard, with a little flour, and burnt sugar, to colour ; put two glasses of good wine into it, with cloves, salt, pepper, marjoram, savory, parsley, and, thyme, to suit the taste. Four hard boiled eggs chopped fine may be added. Boil the whole for half an hour. A hough of beef may be added to make it substantial.

*Salt beef dumplings.*—Chop about a pound of suet into fine pieces ; put a gill of milk into some flour in an earthen dish, pork them up like bead dong, make it into balls rather

larger than an egg add them to your beef with a little pepper, and cook the whole for an hour and a half.

*Method for salting beef, tongues, etc.*—To a gallon of water, one pound of salt, quarter of an ounce of saltpetre, half pound of sugar, the whole allowed to stand several hours before placing the meat in it which may be left in the pickle for fifteen days. Beat the tongue before salting it and place a weight on the cover.

*Lamb, and Green Peas.*—Take a piece of lamb which cut into pieces about as wide as your four fingers; add a quart of green peas with a little roasted flour; add some pepper, salt and parsley, and enough boiling water to cover the meat; cook for one hour.

*Broiled lamb cutlets.*—Fry your cutlets in melted butter, taking care that they do not become singed; withdraw them from the fire and allow the butter to cool a little, mix a few yolks of eggs; dip your cutlets into them and allow them all to broil over a gentle fire. They must be served with a clear gravy, and a little lemon juice.

*Turkey giblets à la Canadienne.*—If your turkey be lean it is better served up as follows;—Cut it into a dozen pieces, which must be skeived, roast with flour, in lard, when roasted, throw in enough water to cover them about one inch deep, and add pepper, salt, parsley and savory.

N. B.—The kidneys must be boiled separately, in plenty of water, and when cooked added to the rest; if this precaution be not taken, you risk spoiling your dish.

*Chickens Giblets.*—The same process as above mentioned for turkey.

*Pigeons à la Bourgeoise.*—Clean and warm your pigeons, bind them with the legs inwards; steep them in cold water for a while to withen, and then remove them, place them in a saucepan between loages of pork, with some gravy and herbs; when cooked place it in a sauce, which should be reduced to a proper consistance.

*Eel à la tartare.*—Dress your eel, and cut into slices; cook it by slow boiling, with a little salt; when cold, strain, and roll in bread crumbs; cover with 2 yolks of eggs, dip in melted butter, taking care that the butter be evenly spread over the surface. Broil to a nice brown, and dress with some sauce à la tartare. (*This sauce will be described further on.*)

*Broiled salmon and white sauce.*—Clean well a slice of salmon, pickle it with oil, parsley, shines, and a laurel leaf; then put it on the gridiron; during the cooking, sprinkle it with its pickle and turn it, taking care that it does not burn; when cooked, powder, dress, and sprinkle it with a butter sauce; lay a few capers over it before serving.

*Salmon à l'italienne.*—The manner of preparing and cooking is the same as in the preceding case, when dressed sprinkle with some sauce à l'italienne. (*For the latter see below.*)

*Charlotte.*—Having greased your mould, line it with paste-dough, in such manner that when cooked it will form a second mould; fill the latter with apple marmalade, and cover it with crumbs of bread so that the marmalade will be completely covered; place over a slow fire, taking care to cover the mould; place fire thereon, let it cook for half an hour, and then turn out on a dish.

*Custard.*—Boil a quart of milk, beat with six eggs, and enough sugar, add a little cinnamon and nutmeg; place it in a dish and cook over a slow fire, without allowing it to boil.

*Beefsteak pudding.*—Make a paste with suet chopped fine, or butter, adding a little milk, roll out the paste, then place it in a greased bowl, and add your steak, which should be fried, and well seasoned; tie the bowl up tightly in a cloth; boil for two hours in plenty of water, and carefully turn it out on a plate.

*Cream Biscuits.*—Take a pint of cream, add four eggs, and sugar to taste; make your batter light and manageable; add also a piece of butter about the size of the yolk of

an egg, then cut out your biscuits, and cook them.

*Rice Cakes.*—Take a quart of flour, about half a pound of rice, previously swollen and quite cold, six eggs, and half a pound of butter. Mix the whole and treat as above.

*Savoy Bread à la Fournier.*—14 fresh eggs, separate the whites, beat up the yolks with a pound of finely ground white sugar, beat up the whites separately; then mix the two, add a pound and a quarter of flour, little by little: beat the mixture well up, butter your mould, half fill it with the butter; may be left to bake two hours over a moderate fire.

*PUFF PASTE.*—Some people make puff paste, pound for pound butter and flour with a pint of ice water and make it in a cold place, this makes it very rich.

*MUTTON PIE.*—Take a tongue or a neck of mutton, cut into pieces, season it with pepper and salt, prepare a dish with paste dough, put your meat on it, take six eggs, 4 tablespoonfull of flour, beat them well together, add a quart of milk, some ginger, and a little salt, pour this upon the meat; cook the whole an hour and a half.

*White Sauce.*—Place in a small saucepan a quarter of a pound of fresh butter, worked up with a tablespoonful of flour, some salt and pepper; moisten with a little water, and heat it till it thickens without boiling; when

removed from the fire, add a little vinegar or the juice of a lemon, and if you like some bleached parsley well chopped up or a little nutmeg.

When it is desirable to have it very thick, the yolks of two eggs are added.

*Tartar Sauce.*—Put in the bottom of an earthen vessel, two or three shalots, chopped up very fine, a little chervil, and tarragon, some mustard, a little vinegar, salt and pepper; sprinkle over your sauce some good salad oil and keep constantly stirring, should it thicken too much add a little more vinegar. This sauce is made cold.

*Italian Sauce.*—Put in a small saucepan a piece of butter the size of a walnut, some mushrooms, one shalot, a little parsley, apply heat; moisten with a glass of sherry wine and season. Boil over a slow fire 3 quarters of an hour; strain and add two tablespoonfull of oil.

*Delicious Blanc-Mange.*—Put an ounce of Isinglass into a little water over a slow fire until the former is dissolved. Then take a quart of good cream, sweeten it to taste, add a small lemon or some vanilla. Beat up the Isinglass and pour it into the cream. Next, damp your moulds with cold water, fill them and leave them in a cold place until the contents become stiff.

## INDIGENOUS BITTERS!!!

*The most economic and at the same time  
the most effectual stomachic,  
and aid to digestion.*

"Indigenous Bitters" owe their popularity to the most important qualities which any medicinal preparations could have: an efficacy at all times certain, the absence of any dangerous ingredient and a moderate price.

"Indigenous Bitters" consist of a combination in exact proportions of a large number of roots and barks, highly valuable, on account of their medicinal virtues, as tonics, stomachics, digestive and carminatives.

They may be of the greatest service to those suffering from affections of the stomach, weakness, loss of appetite, indigestion, flatulency and other diseases of a like nature resulting from a disordered state of the stomach.

"Indigenous Bitters" really contain nothing dangerous or hurtful, no metallic salt or mineral medicine, in fact nothing which could injure the constitution, by a too long usage or excessive doses. It is a purely vegetable preparation, containing no poison, so that too strong a dose though it may act less powerfully than that given in the direction, yet no matter how large the quantity which may be taken no dangerous results will follow.

" Indigenous Bitters " are the cheapest Bitters which have ever been offered to the public, because instead of buying a preparation all ready put up one can buy the ingredients for making them at the market price. For instance, with a box of these bitters which cost 25 cts. you can make three or four bottles similar to those which sell for one dollar; therefore with the money which you would pay for one bottle you can make twelve or fifteen.

" Indigenous Bitters " is not one of these medicines sold to cure every thing, but a *bona fide* preparation prepared from the prescription of one of our most celebrated physicians intended only as a remedy for disorders of the stomach and one which should necessarily be as effectual in its results as its action is specific.

The ever increasing popularity of " Indigenous Bitters," should be a sufficient recommendation in itself, but the proprietor has considered it advisable to strengthen public confidence by publishing the following certificate, one among many thousands, the importance of which can escape no one.

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#### CERTIFICATE.

On the recommendation of my Doctor I for several years used " Indigenous Bitters," for derangement of the stomach, indigestion, loss of appetite,

and general weakness, the natural consequence of such affections.

These bitters, which have the advantage of being very cheap, have done me so much good, that I have thought it my duty to recommend them to my friends, who suffer from the same disease, and all who have used them have to my knowledge received the greatest benefit.

A. GARIEPY,

Ex-manager of the Savings Bank  
St, Catherine St.

Montreal, Sept. 5, 1882.

Those who are in the habit of taking an appetizer before meals could not do better, as well for the effect as for economy's sake, than make use of " Indigenous Bitters. " As Indigenous Bitters are slightly laxative, those who suffer from habitual constipation, will derive great benefit, by regularly taking them, as they keep the bowels in good order and in that way aid digestion.

*Headache, dizziness, nausea and general languor*, are most frequently the result of derangement of the stomach, and in such cases " Indigenous Bitters " never fail to afford prompt relief, and most frequently even a perfect cure.

" Indigenous Bitters " are sold in retail, in all respectable Drug Stores in the Dominion, in 25 cts. boxes only, containing sufficient for three or four 3 half pint bottles.

## THE ART OF DYEING.

*Some advice on the manner of dyeing woollen or silk goods.*—The vessels employed should be perfectly clean and free from rust, the articles to be dyed should be entirely free from grease and should be well washed several times in clean water. They should also be damp when plunged in the dye, so as not to be spotted. There should also be enough water to cover them entirely. Soft water, such as rain-water or ice water is the best.

*The quantities in the following receipts are for dyeing one pound of stuff.*

*Black.*—Dissolve in boiling water half an ounce of blue vitriol, remove the scum, insert the articles and boil for half an hour. Next, dissolve in a fresh quantity of boiling water 1 ounce of extract of logwood, remove the scum also from the latter, take the goods out of the former solution and plunge them into this one, allowing them to boil in it for another half hour. Withdraw the articles, mix the two solutions into which again plunge the cloth, leaving them in it for a quarter of an hour. Remove and wash them well in several waters.

*Bottle Green.*—2 oz of quercitron bark, an ounce and a half indigo paste,  $1\frac{1}{2}$  oz. mu-

riate of tin 10 oz. logwood, 1 oz. copperas. Boil a quarter of an hour, add the articles you wish to dye, allow them to boil half an hour stirring frequently.

*Lilac*.—Boil for several minutes with cudbear.

*Rose*.—6drs ground cochineal, 1½dr cream of tartar, boil slowly for two hours, then plunge the articles in the liquid for several minutes.

*Red*.—1 oz. ground cochineal, 1 oz. cream of tartar 1¼ oz. of muriate of tin. Place the cochineal in a linen bag, boil it in water squeeze out the colouring matter; add, first the cream of tartar, then the solution of tin and lastly the goods to be dyed, which should be allowed to boil until they are of a proper colour.

*Salmon*.—1 oz. annato, 4 oz. soap. Boil for half an hour.

*Yellow*.—12 oz. turmeric, 4 oz. alum; heat and leave all night in a warm place after having placed the articles to be dyed in the solution.

Then allow them to boil for half an hour in a copper vessel, lastly rinse them in cold water. Fustic may be substituted for turmeric, though the colour will not be nearly so fine.

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The medicinal preparations alluded to in this pamphlet may be found in all respectable Drug Stores in the Dominion. They can also be had of all the principal country merchants.

#### WHOLESALE BY

MM. Lyman, Sons & Co.....	Montreal, Que.
Kerry, Watson & Co.....	" "
H. Sugden Evans & Co...	" "
W. E. Brunet.....	Quebec, Que.
Ed. Giroux & Frère.....	" "
Lyman, Bros & Co.....	Toronto, Ont.
Elliot & Co .....	" "
Northrop & Lyman .....	" "
John Winer & Co .....	Hamilton, Ont
Archdale Wilson & Co....	" "
B. A. Mitchell.....	London, Ont.
C. McCallum.....	" "
J. A. Kennedy & Co.....	" "
Hy. Skinner.....	Kingston, Ont
T. B. Barker & Sons.....	St. John, N.B.
Brown & Webb .....	Halifax, N. S.
Forsythe, Cutcliff & Co....	" "

and of almost all wholesale druggists in the Dominion.